

# ONE BITE

ONLINE MAGAZINE

**Special Edition:**  
*One Bite Vegan Food  
Blogger Awards*

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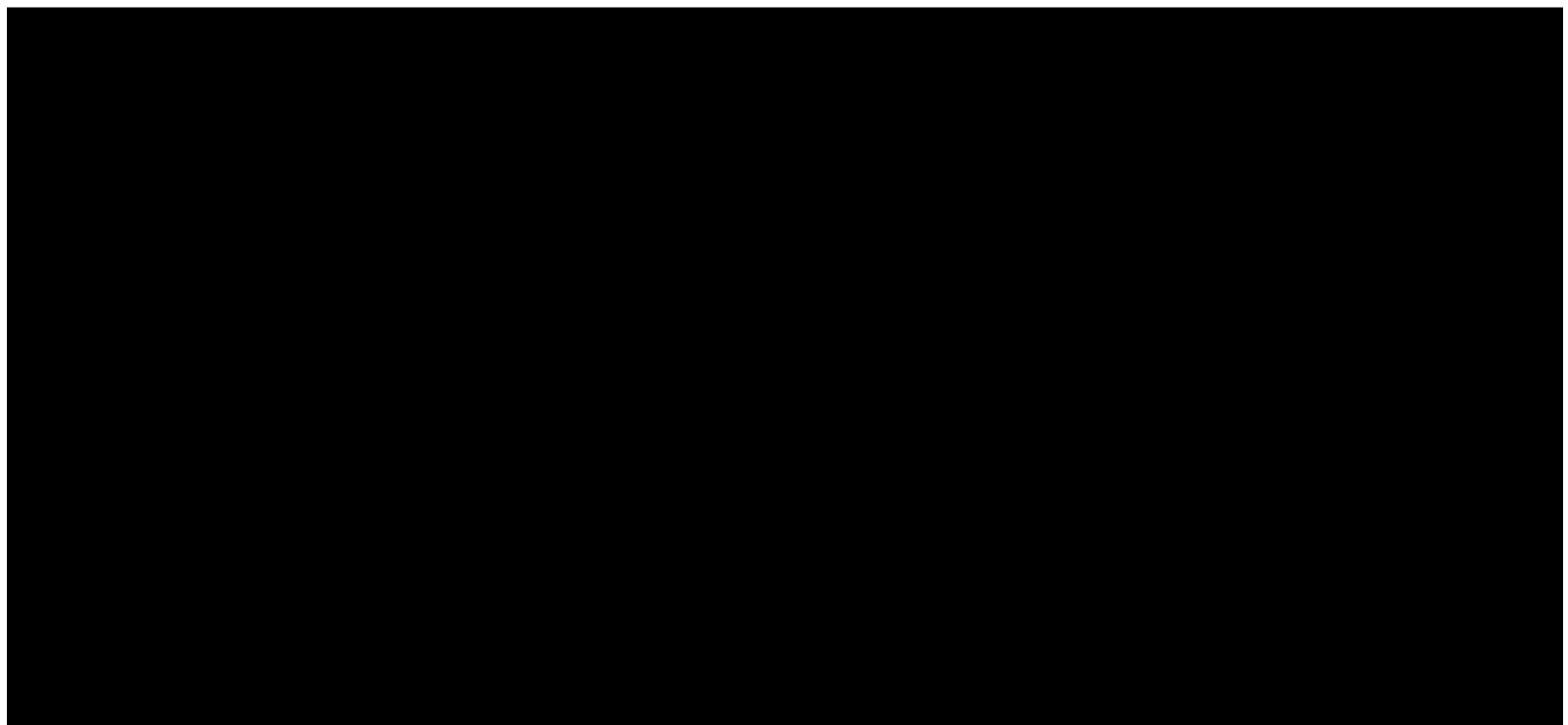
**Vegan Ice Cream &  
Popsicle Recipes**

# Vegan Ice Cream and Popsicle Recipes

Nothing says 'summer' more than an iced treat on a hot day, and while it's easy to grab a tub of your favorite flavor from the supermarket, it can be just as easy to whip up a batch of ice cream or popsicles at home. Better yet, some of these recipes don't even require any fancy equipment such as an ice-cream machine! There are even some recipes that are healthy enough that you could eat them for breakfast!

## Banana Nicecream Sandwiches

By Nicole Berth



### Ingredients

- 1 cup dates
- 1/4 cup almond milk
- 1 tbsp coconut oil, melted
- 1 cup oatmeal
- pinch of salt
- 1/4 tbsp baking powder
- 1 cup almond meal

- 1 tbsp vanilla
- 2 tbsp cocoa powder
- 1 cup almond milk
- 3 bananas, chopped and frozen
- 1/4 cup almond milk
- 3 tbsp crunchy peanut butter
- 100 g vegan chocolate chips, melted
- 1/4 cup sprinkles and buckwheat mixed

## Instructions

1. Add the dates, almond milk and coconut oil to your blender and blend well.
2. Transfer to a bowl. Add the oatmeal, salt, baking powder, almond meal, vanilla and cocoa powder and mix well with a spoon.
3. Add 1 cup almond milk and mix. It is best to mix with your hands until you end up with a formable dough. Split the dough in two halves.
4. Press the first half into a lined loaf tin using your hands. Transfer to the freezer.
5. For the banana nicecream layer add the frozen bananas and almond milk to the blender and blend until creamy. Remove the loaf tin from the freezer and pour in the nicecream.
6. Spoon the peanut butter on top and create swirls using a spoon. Return to the freezer for an hour.
7. Once the nicecream layer has hardened, press the second half of the dough into the loaf tin. Freeze for another 30 minutes.
8. Release from the loaf tin and slice your bars with a sharp knife. Melt the chocolate and dip your sandwiches into the chocolate and dip in sprinkles and buckwheat.
9. Return to the fridge to let the chocolate harden. Then they are ready to enjoy. Store in the freezer in an airtight container.







## About the author...

**Nic** is the creative head and photographer behind [When Sweet Becomes Healthy](#). Moving from Germany to New Zealand at 25, she was introduced to a whole new world of eating. Having suffered with digestive issues from childhood, the new Kiwi lifestyle gave her an understanding of the effects of what you eat on the body. Fast forward to a few years later and Nic now follows a 99% plant-based diet, has returned home to Germany and is living life with abundant energy. A lover of all things sweet, Nic has made it her mission with WSBH to show that you do not have to sacrifice taste when having healthy desserts.